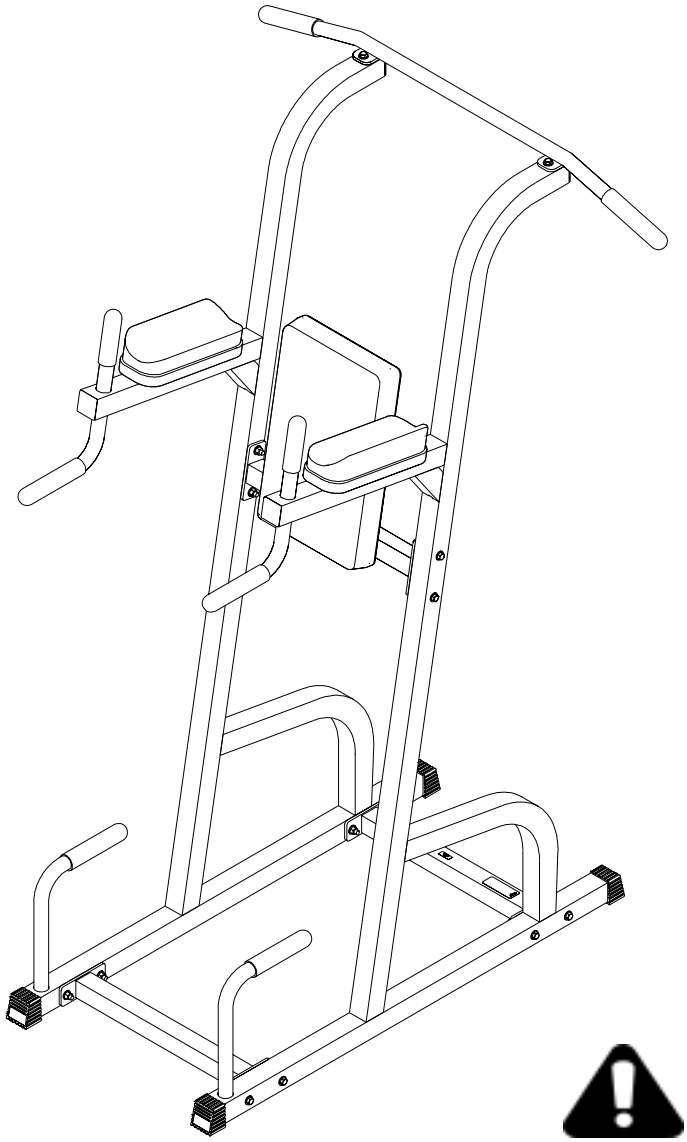
PARABODY®

813 VKR/CHIN/DIP GYM SYSTEM



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

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IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 813 Gym System. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

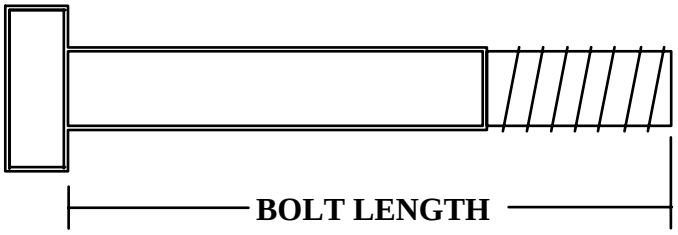
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

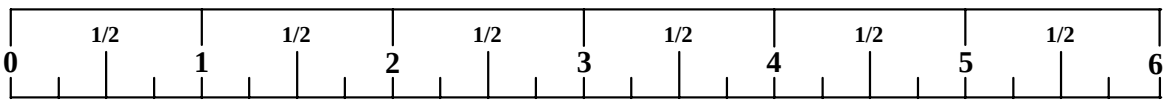
* 9/16” wrench
* Ratchet with 9/16” socket
* Adjustable wrench
* Hammer
* Tape measure

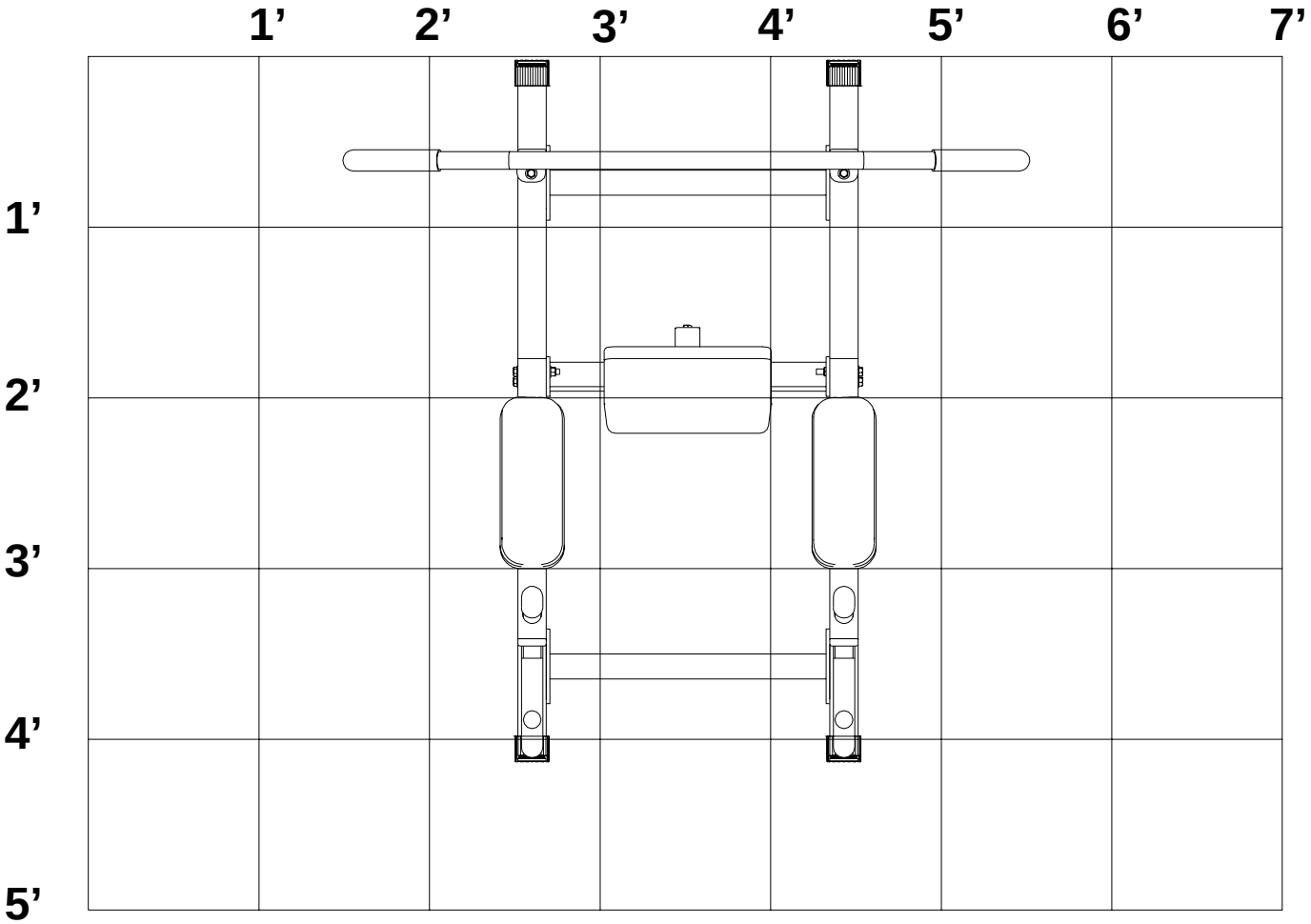
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:





1 Square = 1’ X 1’

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	LEA 6102309	BASE CONNECTOR	1
2	LEA 6480009	CHIN BAR	1
3	LEA 6480509	VKR SIDE	2
4	LEA 6480909	UPPER BACK SUPPORT	1
5	LEA 6665921	BACK PAD	1
6	LEA 6752721	ARM PAD	2
7	LEA 3114403	3/8" FLAT WASHER	34
8	LEA 3114502	3/8" LOCK WASHER	6

KEY	PART #	DESCRIPTION	QTY
9	LEA 3114702	3/8" LOCK NUT	14
10	LEA 3235212	3/8 X 3" BOLT	20
11	LEA 3103101	1-1/4 X 5" GRIP	2
12	LEA 3103103	1-1/4 X 7" GRIP	6
13	LEA 6236701	1-3/4" SQ. END CAP	1
14	LEA 6405201	2" SQ. END CAP	4
15	LEA 7234801	2" SQ. COVER CAP	4
16	LEA 7076709	PTD ASSY, BASE CONNECTOR	1

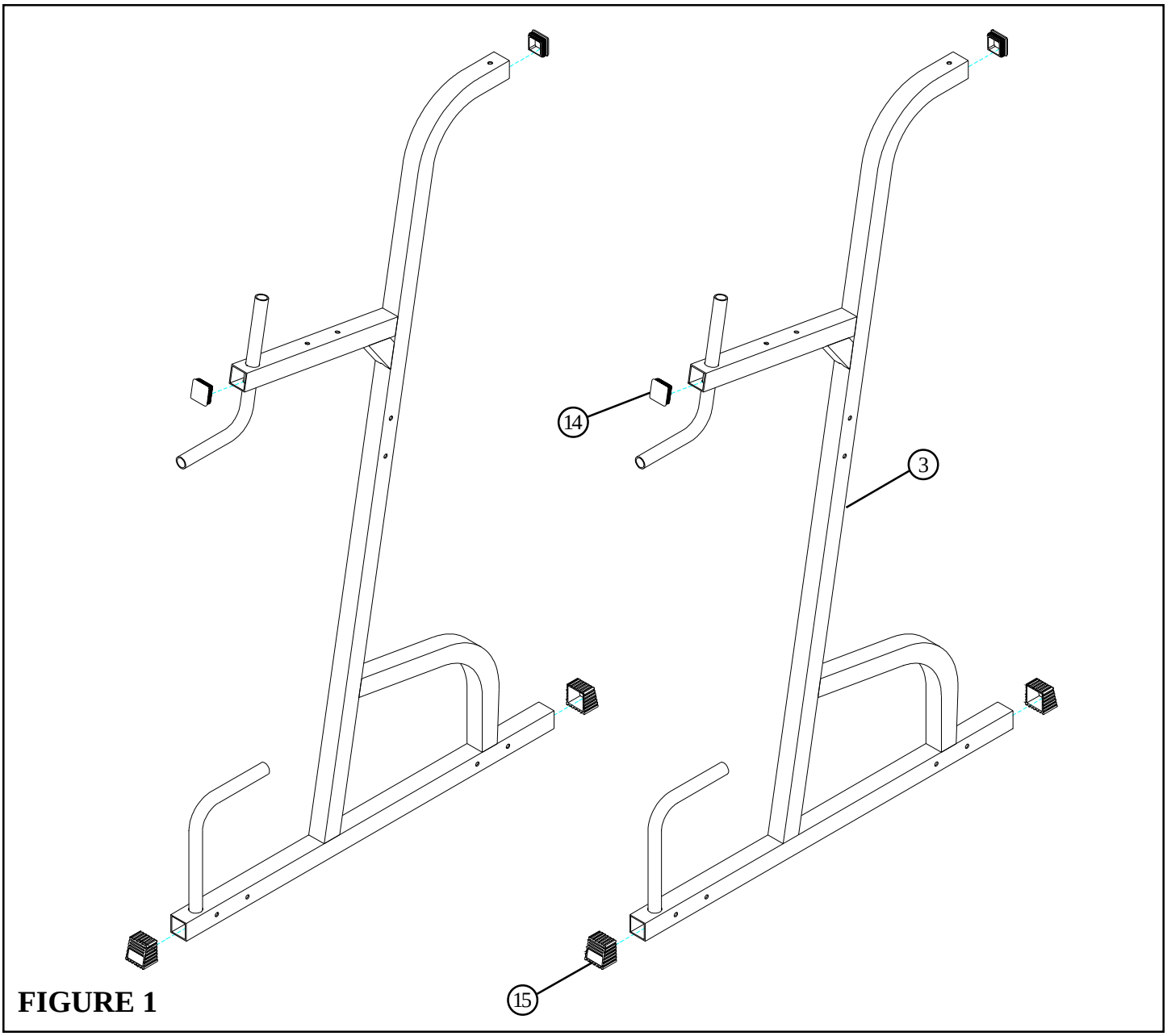


FIGURE 1

STEP 1:

- Insert four 2" SQ. COVER CAPS (15) into the ends of the VKR SIDES (3) as shown in FIGURE 1.
- Insert four 2" SQ. END CAPS (14) into the the ends of the VKR SIDES (3) as shown in FIGURE 1.

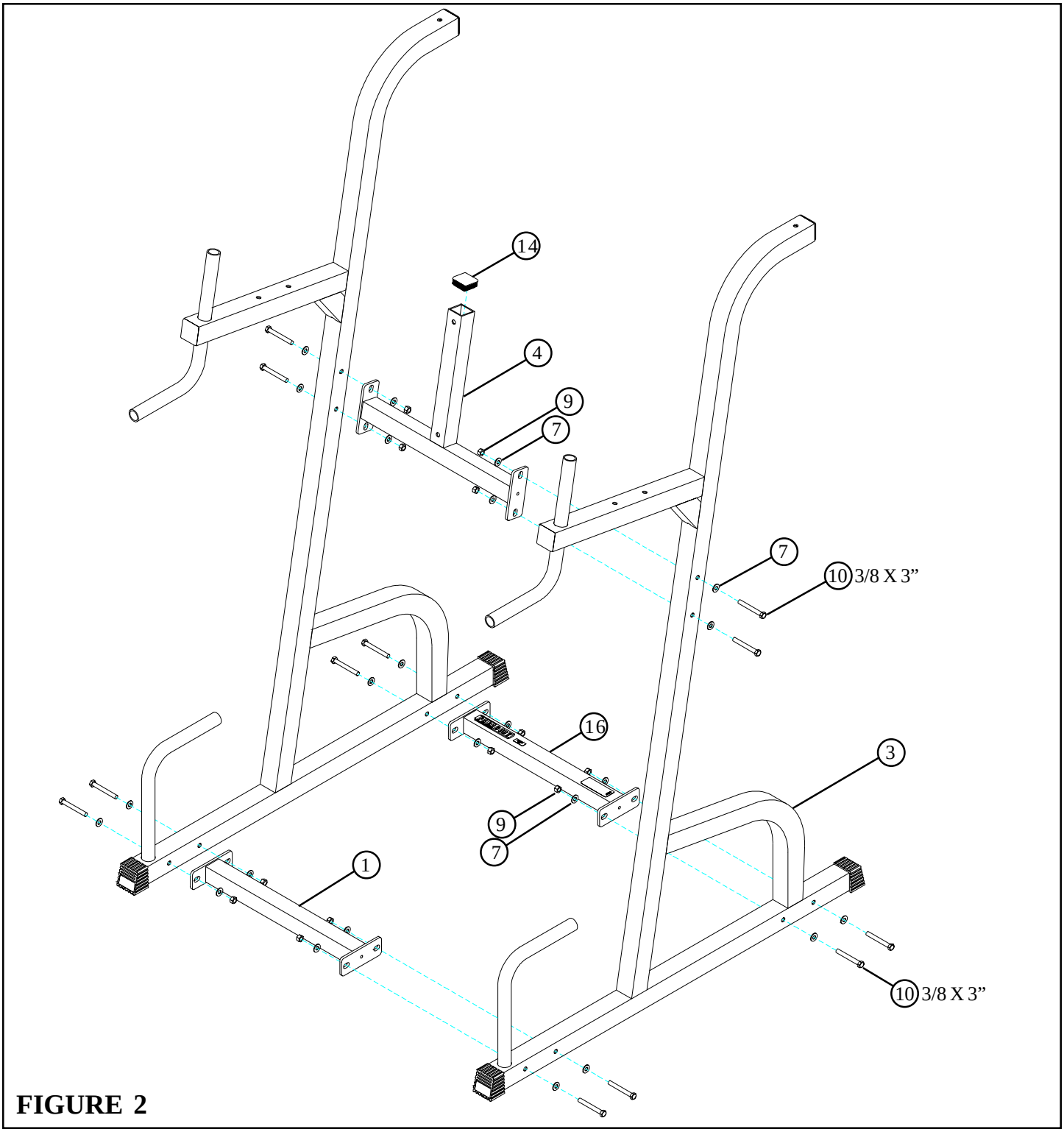
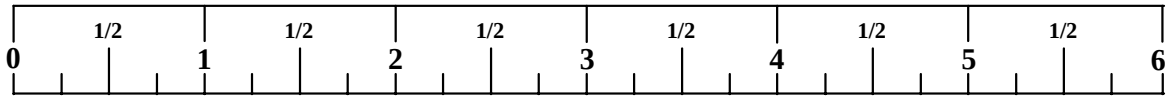


FIGURE 2

STEP 2:

- **LOOSELY** assemble the UPPER BACK SUPPORT (4) to the VKR SIDES (3) using four 3/8 X 3” BOLTS (10), eight 3/8” FLAT WASHERS (7), and four 3/8” LOCK NUTS (9) as shown in FIGURE 2.
- **LOOSELY** assemble the two BASE CONNECTORS (1) and (16) to the VKR SIDES (3) using eight 3/8 X 3” BOLTS (10), sixteen 3/8” FLAT WASHERS (7), and eight 3/8” LOCK NUTS (9) as shown in FIGURE 2.
- Insert one 2” SQ. END CAP (14) into the the end of the UPPER BACK SUPPORT (4) as shown in FIGURE 2.



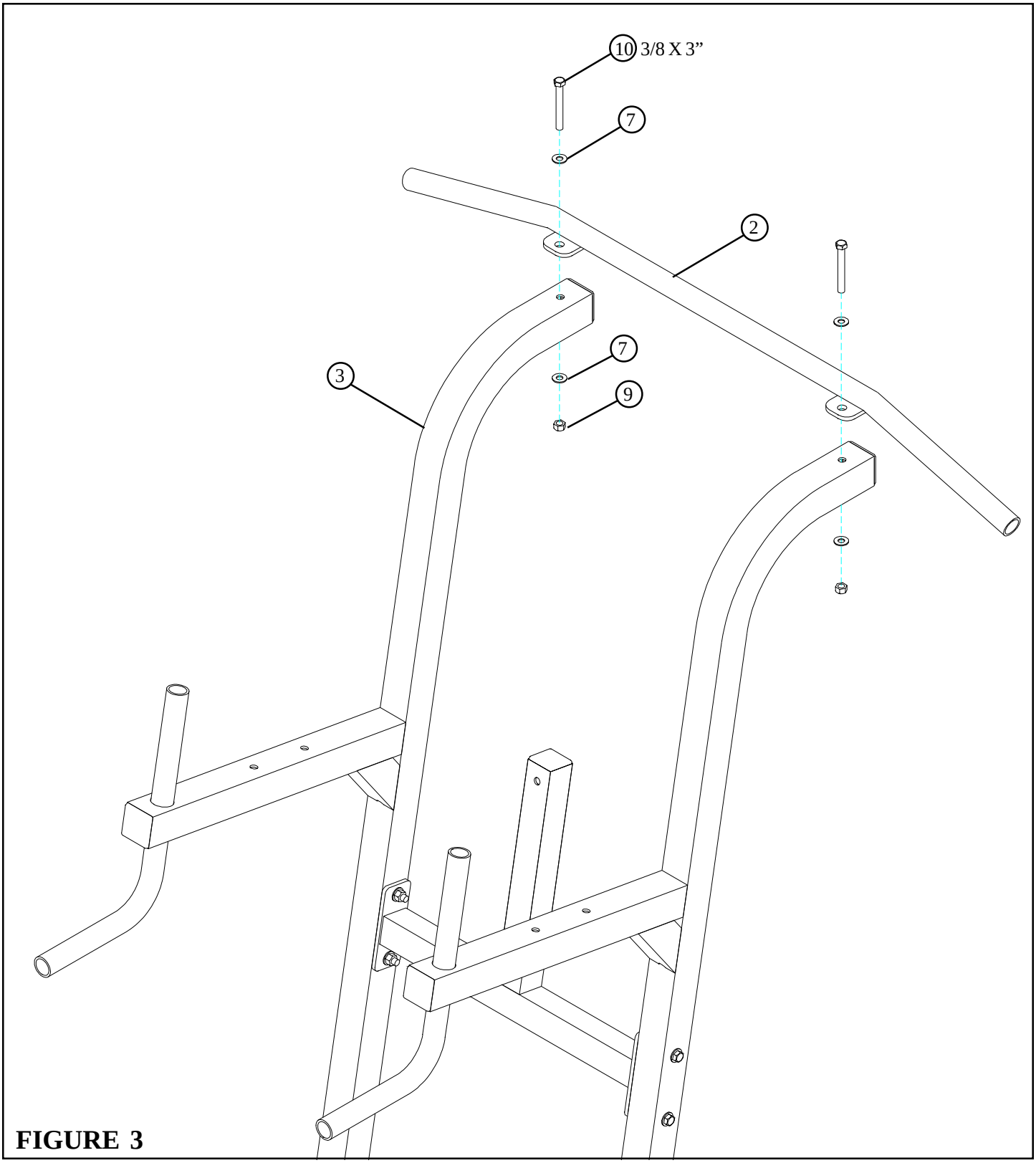


FIGURE 3

STEP 3:

- **LOOSELY** assemble the CHIN BAR (2) to the VKR SIDES (3) using two 3/8 X 3” BOLTS (10), four 3/8” FLAT WASHERS (7), and two 3/8” LOCK NUTS (9).

- **SECURELY** tigten all connections made up to this point.

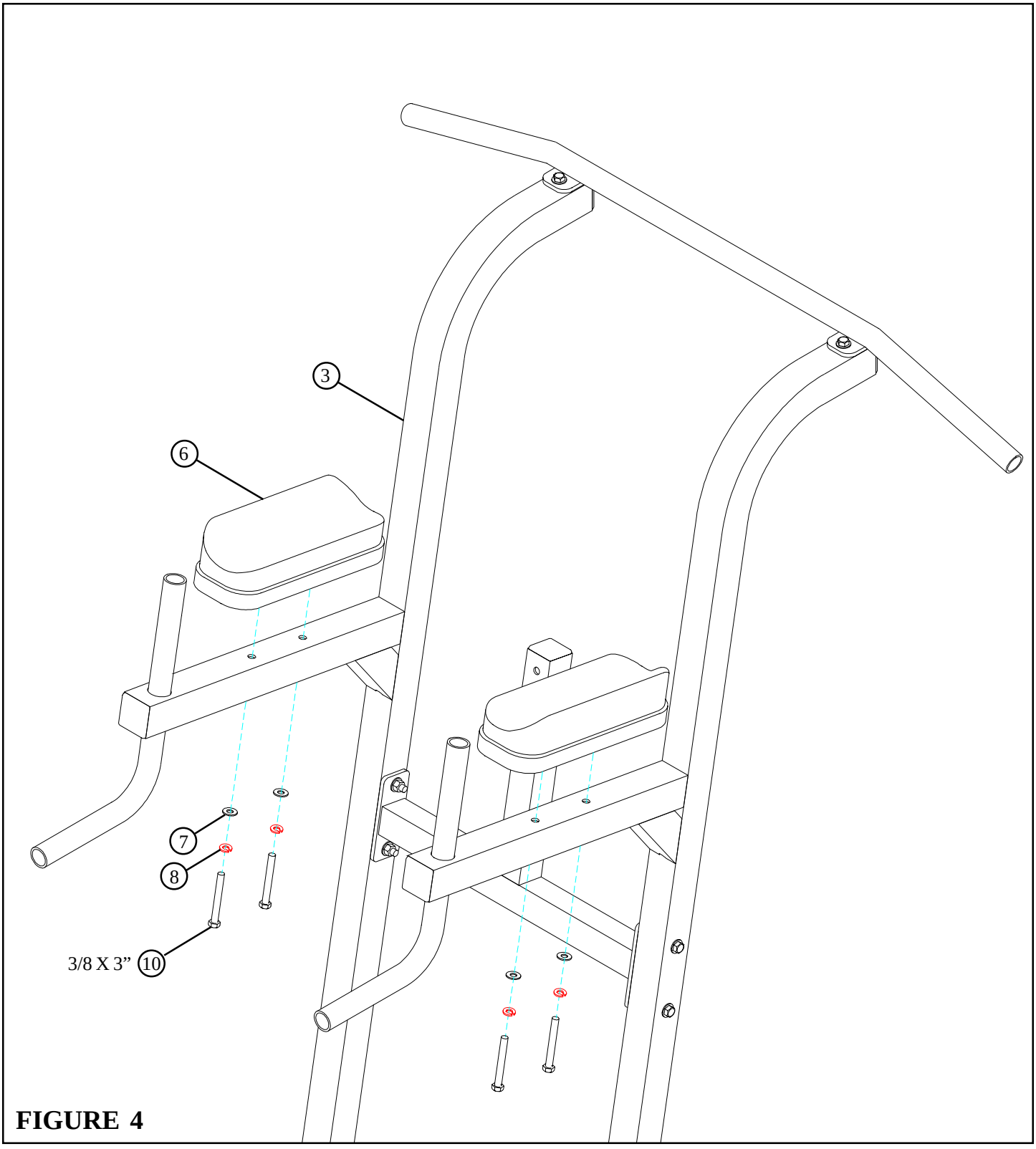
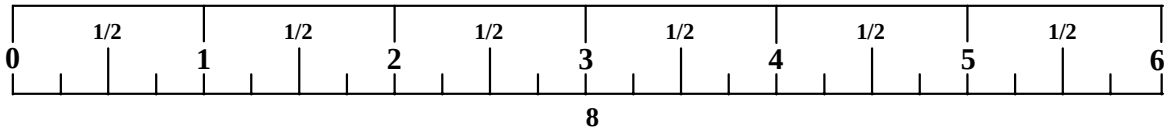


FIGURE 4

STEP 4:

- **SECURELY** attach two ARM PADS (6) to the VKR SIDES (3) using four 3/8 X 3” BOLTS (10), four 3/8” LOCK WASHERS (8), and four 3/8” FLAT WASHERS (7) as shown in FIGURE 4. **(NOTE: Place the high side of ARM PAD toward the outside.)**



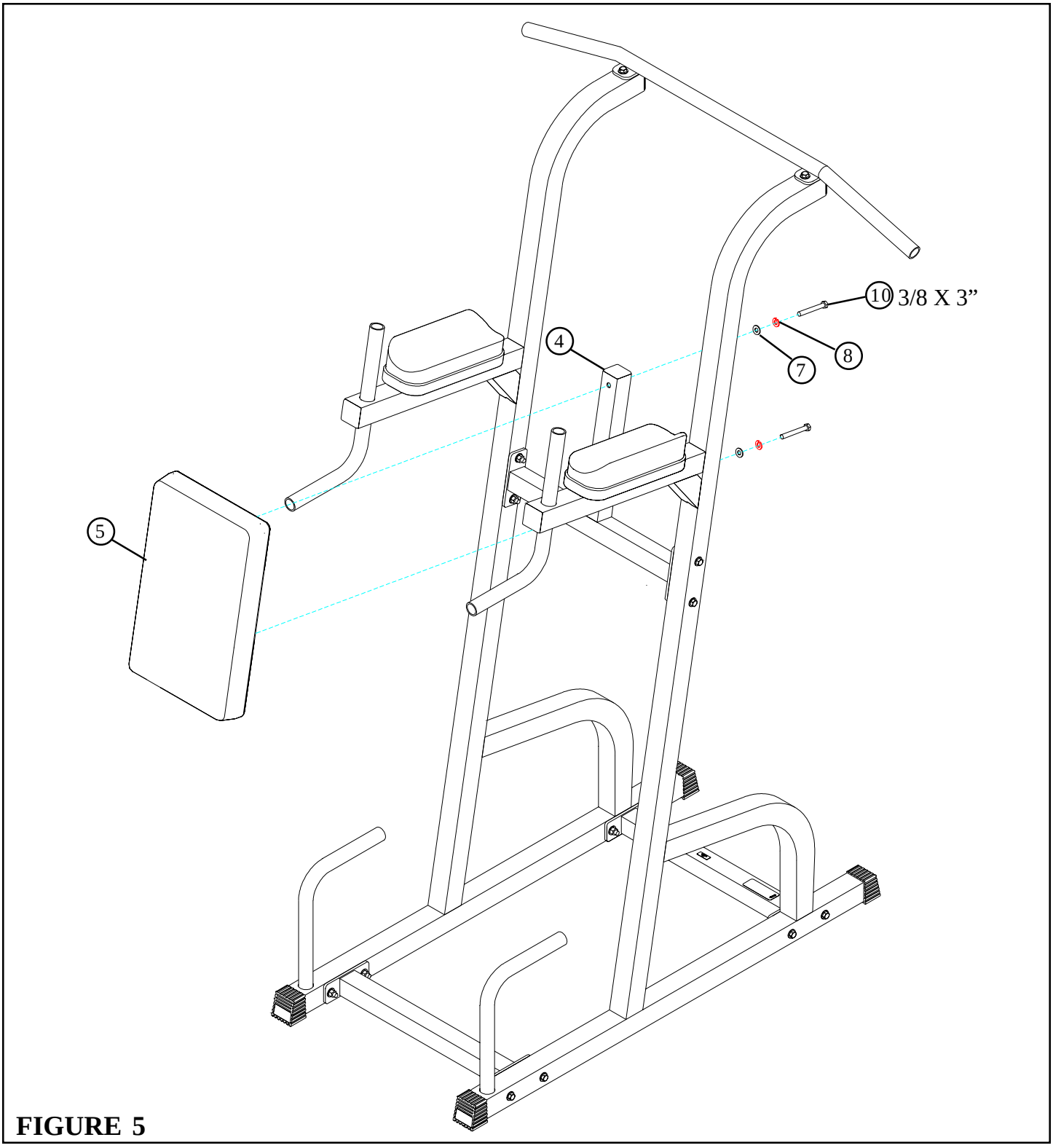


FIGURE 5

STEP 5:

- **SECURELY** assemble the BACK PAD (5) to the UPPER BACK SUPPORT (4) using two 3/8 X 3” BOLTS (10), two 3/8” LOCK WASHERS (8), two 3/8” FLAT WASHERS (7) as shown in FIGURE 5.

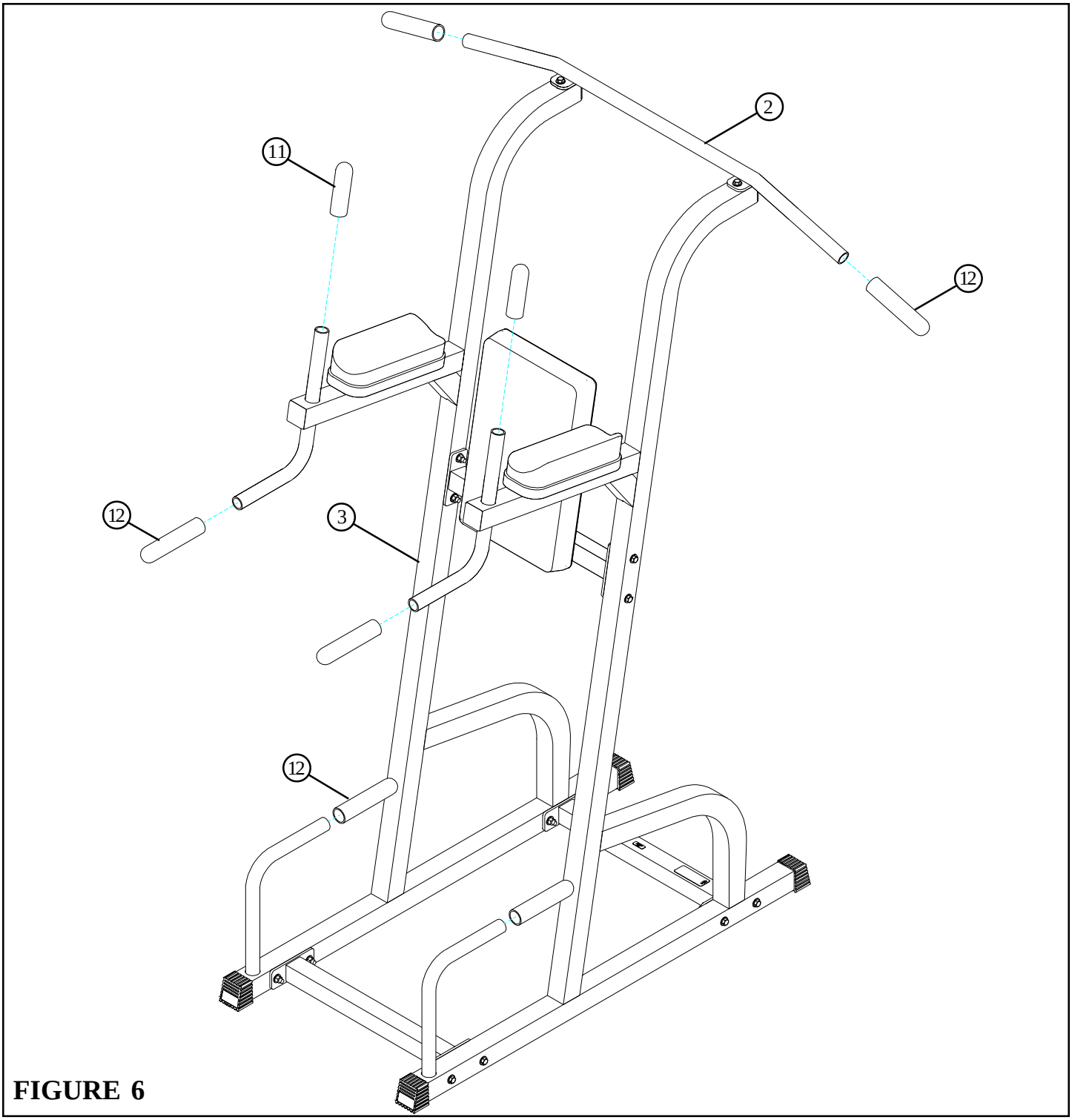
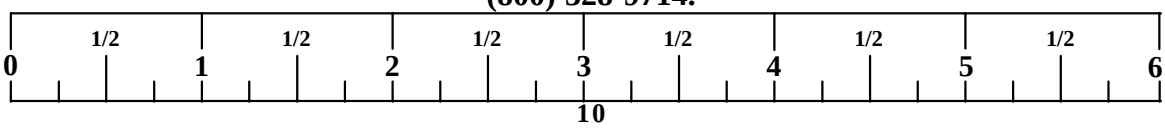


FIGURE 6

STEP 6:

- Slide six 1-1/4 X 7" HANDLES (12) over the HANDLES of the VKR SIDES (3) and the CHIN BAR (2) as shown in FIGURE 6.
- Slide two 1-1/4 X 5" HANDLES (11) over the ARM PAD HANDLES of the VKR SIDES (3) as shown in FIGURE 6. **(NOTE: Rubbing alcohol can be used on the inside of the grips to make them slide on easier.)**

Thank you for purchasing the Parabody 813102 VKR/CHIN/DIP GYM SYSTEM. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.



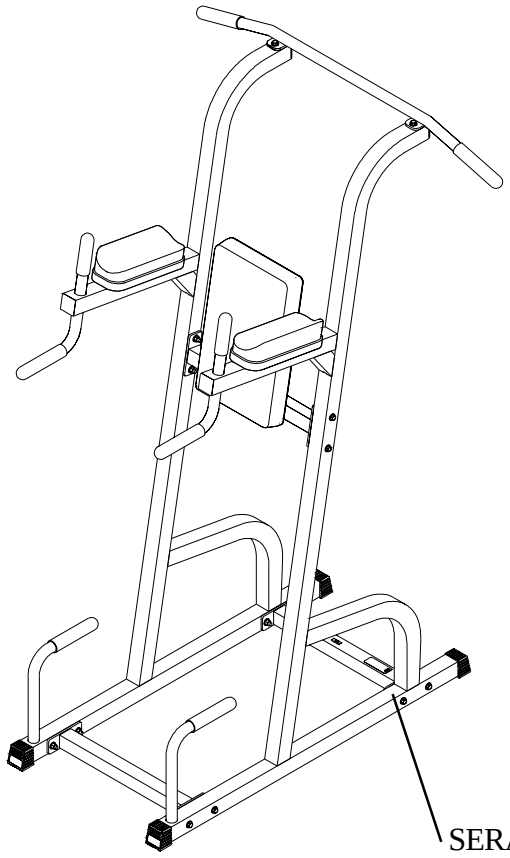
MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**



MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____

Thank you for purchasing the ParaBody 813 Gym System.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

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